**Oakview Elementary Physical Education**

C:\Users\drew crystal\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\DJBR01X5\MM900295231[1].gif **Class Syllabus** C:\Users\drew crystal\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\DJBR01X5\MM900295231[1].gif

**Mrs. Drew**

c\_ drew@lakeview.k12.pa.us

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**Overview:**

Elementary Physical Education is an important part of childhood development. It will help develop activity patterns, gross motor coordination and many skills that will be carried into adulthood. The goal of physical education class is to promote regular physical activity and a positive attitude toward physical activity that is beneficial for overall health and well-being.

**Classroom procedures:**

Each student will be assigned to a color zone. This will determine where they stand for attendance and will help make transition between activities smooth. Students will report to their respective color zones located in the gym for attendance. Once attendance is taken, students will be assigned a fitness station to set up with equipment for the warm up. Fitness stations are a fun way to warm up and involve a variety of activities working on cardiovascular endurance, speed, abdominal strength, leg strength, arm strength and muscular endurance, etc. At each fitness station, students will exercise with the music and when the music stops they will rotate and begin the next station when the music starts again. After fitness stations are cleaned up and put away, students will stretch and be ready for the class instructions at the wall of knowledge.

**Classroom rules & expectations:**

1. **Be Ready**
   1. Wear tennis shoes
   2. Wear appropriate PE clothing( no skirts/dresses)
   3. Be ready to play/participate
2. **Be Responsible**
   1. Be honest
   2. Hands to yourself
   3. Try your best
   4. No whining
   5. Do not touch equipment unless told to do so
3. **Be Respectful**
   1. Raise hands
   2. No talking when others are talking
   3. Encourage others (GWA’s)

**Consequences for Behavior**

**1st offense**= Warning then time out of activity

**2nd offense**= Total time out for that day

**3rd offense**= Time out and a call home

**4th offense**= Principal’s office

**Grading**

O = Outstanding

S = Satisfactory

U = Unsatisfactory